

Personal Trainers at Foothills Park & Recreation District

(listed alphabetically)



Laura Adams

Certifications

- Certified Personal Trainer, ACE
- Certified Group Fitness Instructor, ACE
- Certified N'Balance Instructor, COAW
- SilverSneakers® Certified Instructor (Classic, Cardio Fit)
- Pilates Mat 1 & 11 Certified
- Certified Reformer Instructor, Polestar

Education

- Bachelor of Science in Kinesiology

Contact

- 303-483-8715
- ladams@fhprd.org

Specialties

- Pilates-Reformer/Trap/Chair
- Mat Pilates
- Work with MS, Parkinson & Cancer clients
- Balance Training
- Post Physical Therapy

Hobbies

- Hiking
- Biking
- Traveling

My Motto

"Enjoy every moment!"

A Bit About Me

I have been working in the Fitness/Wellness field for almost 30 years and teaching Pilates for 15+ years. I just can't seem to get enough. I want to pass on the importance of an active lifestyle to my kids, family and friends. It is a great feeling helping others discover how staying active can improve our lives.



Michelle Baum

Certifications

- Certified Personal Trainer, ACE
- Certified Pre/Post Natal Exercise, NM Sports & Wellness
- Certified Water Personal Trainer, NM Sports & Wellness
- XT Training, NM Sports & Wellness
- Fitness Nutrition Specialist, ACE
- Senior Fitness Specialist

Education

- Bachelor in Nutrition

Contact

- 303-681-1438
- mbaum@fhprd.org

Specialties

- Pre/Post Natal Exercise
- Water Resisted Training
- All Sports Coaching
- Triathlon Training

Hobbies

- Working out
- Hanging out with my kids and friends
- Traveling
- Watching & playing sports

A Bit About Me

I have been personal training for over 18 years and I hold a B.S. in Nutrition from the University of New Mexico (go Lobos!). My background also includes having been a collegiate and international swimmer. I enjoy competing in triathlons and half-marathons and love coaching others on all levels.



Matthew Martinez

Certifications

- Certified Personal Trainer, ACSM

Education

- Bachelor of Science in Human Performance and Sports

Specialties

- Strength Training & Conditioning
- Weight Loss & Body Composition Changes
- Functional & Body Weight Training
- Sports Performance

Contact

- 720-240-6740
- mmartinez@fhprd.org

Hobbies

- Hiking
- Camping
- Skiing
- Snowboarding
- Fitness
- Cooking

My Motto

"No human has the right to be an amateur in the matter of physical training. It is a shame for a human to grow old without seeing the beauty and strength of which his body is capable."

A Bit About Me

I've been an athlete my entire life, but I found my passion for fitness and exercise through my own experiences, struggling with my weight and body image. Exercise and nutrition helped me gain the tools I needed to not only lead a healthy and active life, but also to live life fully and enjoy every minute of it. I believe with exercise and nutrition, you can truly heal your body, soul and mind; and give yourself the health and freedom to truly enjoy your life. I love teaching people proper strength training principles, how to eat healthily, and how to use that strength in their life and sport.



Michelle Matuszynski

Certifications

- Certified Group Fitness Instructor, ACSM
- Certified Personal Trainer, FITOUR
- SilverSneakers® Certified Instructor (Classic)

Education

- Bachelor's in Behavioral Science

Contact

- 303-978-1158
- mmatuszynski@fhprd.org

Hobbies

- Hiking
- Running
- Paddle boarding
- Jump rope

My Motto

"Every new day is an opportunity to become stronger, healthier and wiser."

A Bit About Me

I have always enjoyed all types of fitness. I have been in education for the past 20 years and enjoy learning and educating all individuals. As a family, my husband, I and our 3 girls have competed at the National and World levels in competitive jump rope. I am excited to be part of the Foothills team to promote health and fitness!



Kimberly Spallone

Certifications

- Certified Personal Trainer, ISSA
- Fitness Nutrition Specialist, ISSA
- Exercise Therapy Specialist, ISSA
- Corrective Exercise, ISSA

Education

- Bachelor's Degree Hospitality

Specialties

- Nutrition
- Strength Training & Conditioning

Contact

- 720-341-7438
- kspallone@fhprd.org

Hobbies

- Weight Lifting
- Swimming
- Cooking
- Hiking

A Bit About Me

My interest in fitness and health began at home as a kid – my parents were always interested in eating healthy fresh foods and exercising daily. My interest grew when I began working for gyms throughout college. I decided at that point to include health and fitness in my career. After college, I began working in a local health food store in the supplement department. I found that I really enjoyed it! After 8 years working in supplements, I decided to also follow my other passion and started a new career as a Personal Trainer. Now I can share my enthusiasm about fitness, supplements and healthy eating.



Brenden Temple

Certifications

- Fitour Advanced Personal Trainer
- CPR/First Aid Certified

Education

- B.S. in Exercise Science

Specialties

- Strength & Conditioning
- Resistance Training
- Athletic Performance
- Group Fitness

Contact

- 720-882-1388
- btemple@fhprd.org

Hobbies

- Any Sport
- Music
- Finding Delicious Food

My Motto

"SWOLE is the goal."

A Bit About Me

Being a collegiate lacrosse player along with having back-to-back major surgeries, I began obsessing over finding the best ways to train which is what got me into the field. As my journey has continued, I've created countless memories with friends, athletes and peers.



Elizabeth Vlad

Certifications

- Certified Strength & Conditioning, NSCA
- Health & Fitness Instructor, ACSM
- Maddog Certified Spinning Instructor
- TPI Level-3 Fitness Professional

Education

- Kinesiology & Sports Medicine, BS

Contact

- 330-518-6548
- evlad@fhprd.org

Specialties

- Golf Specific Strength & Conditioning
- Adult & Youth Sport Programs
- Senior Strength & Cardio programs
- Indoor Cycling Programs
- Olympic Weight Training

Hobbies

- Hiking
- Cycling
- Swimming
- Skiing

My Motto

"Obstacles are those frightening things that become visible when we take our eyes off our goals." Henry Ford

A Bit About Me

My husband and I have recently relocated to this area from Ohio. I really enjoyed a long career at Youngstown State University (YSU) where I was Strength & Conditioning Coach for Golf, Soccer, Swimming, Track and Tennis. I also taught classes at YSU in the Kinesiology and Sports Medicine Department. I look forward to continuing my career at Foothills Park & Recreation District as a Personal Trainer.



Christine Wright

Certifications

- Certified Personal Trainer, ACE
- SilverSneakers® Certified Instructor (Classic, Boom)

Education

- Bachelor's Degree Fine Arts

Specialties

- Strength & Conditioning
- Functional Training
- Core Training
- Weight Loss

Contact

- 303-258-6017
- cwright@fhprd.org

Hobbies

- Running
- Snowboarding
- Skiing
- Cycling
- Hiking
- Spending time with friends & family
- Watching sporting events

My Motto

"Nothing is out of reach. With hard work, we can achieve anything!"

A Bit About Me

I have been active my entire life and participated in many different sports as a child. As an adult, I have realized the importance of staying fit and continue to find fun ways of staying active. I have always had a passion for health and fitness and I love to share this with others. Whether you are just starting your fitness journey, or you are looking to improve your current routine, I can help you grow. I believe that everyone is capable of finding their personal best with hard work and perseverance. Let me help you reach your personal best!



Geri Young

Certifications

- Certified Personal Trainer, AFAA
- Pilates Mat Certified, Donna McLean Studio
- Certified Reformer Instructor, Polestar
- Certified N'Balance Instructor, COAW
- Cancer Fitness Institute Certified
- RIP Training Certified
- Parkinson Wellness Recovery Instructor, PWR
- Senior Fitness Specialist

Contact

- 303-842-4133
- gyoung@fhprd.org

Education

- Masters in Exercise Physiology

Specialties

- Senior Fitness
- Pilates Training
- Core Training
- Balance Training

Hobbies

- Hiking
- Running
- Biking
- Snowshoeing
- My Animals

My Motto

"The best way to insure having exercise in your life is to make it fun and enjoyable for yourself."

A Bit About Me

Since I have been teaching Pilates, it has helped me be a better trainer. I can incorporate weight training with core training to see better results, make the workouts more efficient and decrease injury.